



# NeuRA

Discover. Conquer. Cure.

SCHIZOPHRENIA LIBRARY



## SCHIZOPHRENIA Factsheet

June 2016

### What is strengths-based delivery?

The strengths-based delivery approach is a person-centred approach that supports commitment to individual development and growth. The approach favours a low case manager load, low supervisor to case manager ratio, and structured weekly group supervision to ensure adherence to the principles of the model. Strengths assessment and personal recovery plans are developed in collaboration between service users and practitioners. Interventions are tailored to meet individual needs, with an emphasis on existing resources, such as supported employment, supported housing, supported education, and supported recreation.

### What is the evidence for strengths-based delivery?

Low quality evidence suggests no differences in symptoms, quality of life or functioning between strengths-based delivery models of care and standard care, assertive community treatment or traditional community treatment. Review authors conclude that as the number of trials is low, and more trials are required.

For further information see the technical table

## HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at [neura.edu.au/donate/schizophrenia](http://neura.edu.au/donate/schizophrenia).



# NeuRA

Discover. Conquer. Cure.

*NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.*

*Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.*

*Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.*

*While we hope you find this information useful, it is always important to discuss any questions about schizophrenia or its treatment with your doctor or other health care provider.*